



# Cross Training for Adults



Lehi Legacy Center  
123 N Center St.  
801-768-7124

## LEHI LEGACY CENTER CROSS TRAINING FOR ADULTS SUMMER 2011

*Are you looking for a way to increase your performance in your specific sport?*

"Come check out our new Cross Training Class **at the Factory**. This class will include a variety of exercises such as plyometrics, cardio intervals, core strengthening, and other strength and conditioning exercises. The goal of this class is to help improve your overall fitness levels to perform better in your various recreational sports and activities. Cross Training is an essential part to any well rounded training program and can help reduce the risk of injuries associated with overtraining. Participants 16 years and older are welcome."



### ×QUICK FACTS

What ..... Cross Training for Adults @ The Factory  
Where ..... **The Factory (4425 N Thanksgiving Way)**  
Who ..... Ages 16yrs and Up  
Date ..... July 19 thru August 25 (12 classes)  
Day ..... Tuesday and Thursday  
Time ..... 5:30pm-6:30pm  
Fee ..... \$72 (\$60 Lehi Resident Discount) Non-refundable

### REGISTRATION

**Deadline July 21, 2011**

Come to the Legacy Registration Office Mon-Fri 8am-6pm OR  
[www.lehi-ut.gov](http://www.lehi-ut.gov)

### INFORMATION

For more information call Legacy Front Desk at 801-768-7124

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Post Until 8/25/11